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Nota di bibliografia	Includes bibliographical references.
Nota di contenuto	Foreword -- Acknowledgments -- Introduction -- Redefining shyness and its treatment -- Twelve-session treatment plan overview and therapist preparation -- Session one: the initial evaluation -- Session two: constructing a hierarchy -- Session three: cognitive restructuring and the first simulated exposure -- Session four: attributional restructuring and exposure -- Session five: cognitive, attributional, and self-concept restructuring -- Session six: challenging negative attributions and beliefs about others -- Session seven: more practice in changing negative thoughts and beliefs -- Session eight: automatic thoughts about others and the third vicious cycle -- Session nine: exposures and progress assessment -- Session ten: exposures and anticipating closure -- Session eleven: more exposures and anticipating closure -- Session twelve: review of progress and closure -- Interpersonal social-skills training -- Appendix A: Answer key for attribution style quiz -- Appendix B: Final interview outline -- Appendix C: Letter to friends -- Appendix D: Therapist instructions for bat -- Appendix E: The shyness clinic thought listing form --

References.

Sommario/riassunto

Many clients with shyness and social anxiety believe they can never change. They may even adjust their lives to avoid social activities or situations that make them uncomfortable. In a sense, they allow their social "muscles" to atrophy, and in the end may become even more alienated and despondent. There is hope. Just as physical fitness strengthens the body, "social fitness" can be developed through habit and action. In *Helping Your Shy and Socially Anxious Client*, shyness expert Lynne Henderson presents the Social Fitness program—a twelve session cognitive behavioral model